

## **Sarpy/Cass Department of Health and Wellness Summary**

Counties	Average age	Education		Race / Ethnicity	
Cass and Sarpy	32.5 years	H.S Grad / GED or Higher	92.6%	White,non-Hispanic	88.7% (130,394)
<b>Total population</b> 146,929	<b>Median income</b> \$52,534	College Grad	28.2%	Minority	11.3% (16,535)

*Source: 2000 U.S. Census*

### **Summary of Significant Differences (Compared to Nebraska)**

- In the Sarpy/Cass area, the proportion of the overall population aged 18 to 64 that had no health insurance was significantly lower than the Nebraska rate. However, the average distance from home to the closest emergency room was significantly longer than the statewide average.
- The proportion of men aged 18 to 64 who had no health insurance was significantly lower in Sarpy/Cass than the proportion of men statewide. A significantly smaller proportion of 18- to 64-year-old women in this area also reported having no health care plan, compared to Nebraska women in this age group.

### **Health-Related Quality of Life**

- Among Sarpy/Cass area adults, 13.5% considered their general health “fair” or “poor.”
- Adults in this area rated their physical health as “not good” an average of 3.7 days in the past month.
- Respondents averaged 3.1 days in the past month when their mental health was “not good.”
- Poor physical or mental health prevented Sarpy/Cass adults from participating in their usual activities an average of 4.4 days in the past 30 days.

### **Health Care Access**

- Only 7.0% of Sarpy/Cass area residents aged 18 to 64 years reported having no health care coverage. Both men (8.7%) and women (5.4%) in this area were significantly less likely than their counterparts in this age group in Nebraska overall to be without health insurance.
- Among Sarpy/Cass adults, 19.0% did not have a personal doctor or health care provider and 7.5% stated that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care.
- More than three-fourths of the adults in this area (78.1%) reported visiting a doctor for a routine checkup within the past year.
- The average distance from respondents’ homes to the closest emergency room (ER) was significantly higher in the Sarpy/Cass area (9.6 miles) than the average for Nebraska.
- In this area, the average distance to the ER at which respondents preferred to receive care was 13.1 miles.
- Less than one-half of Sarpy/Cass adults (47.3%) reported no problems or barriers to getting medical care, other than cost.
- Among area residents who reported a problem getting medical care (other than cost), work (26.0%) and long wait (19.6%) were mentioned most frequently.
- Sarpy/Cass residents most often cited a doctor (39.9%) as their primary source of information on health issues or illness. The Internet (21.8%) or family/friends (16.9%) were also mentioned frequently.

### **Cardiovascular Disease**

- About one in twenty Sarpy/Cass adults (4.7%) had ever been told they had a heart attack or stroke or that they have coronary heart disease.
- In this area, 23.1% of adults had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in the Sarpy/Cass area were much more likely to identify cardiovascular disease (86.6%) than they were to identify stroke (44.5%) as something untreated high blood pressure can lead to.

- The majority of area respondents (69.8%) had their cholesterol level checked during the last 5 years.
- Among area respondents who ever had their blood cholesterol level checked, 36.4% had been told it was high.
- During the past year, about one of every five Sarpy/Cass adults (19.7%) was certified to perform CPR.

### **Diabetes**

- Among Sarpy/Cass residents, 5.7% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

### **Cancer Prevention**

- More than three-fourths of Sarpy/Cass women aged 40 or older (78.7%) reported having a mammogram in the past two years.
- One-fourth of adults aged 50 or older in this area (26.1%) had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older in the Sarpy/Cass area (59.7%) reported ever having a colonoscopy or sigmoidoscopy.

### **Asthma**

- Among Sarpy/Cass area adults, 14.6% had ever been told they had asthma, while 8.8% currently have this disease.

### **Overweight and Obesity**

- More than six of every ten adults in this area (63.9%) reported heights and weights that placed them in the “overweight or obese” category (Body Mass Index = 25 or higher). Those with a Body Mass Index of 30 or higher were classified as “obese”—21.5% in the Sarpy/Cass area.

### **Tobacco Use**

- One-fifth of Sarpy/Cass adults (20.5%) currently smoke cigarettes, either daily or on some days of the month.
- Nearly one-fifth of adults in this area (19.2%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke).
- Among current smokers in the Sarpy/Cass area, 55.6% reported trying to quit smoking during the past year.
- In this area, 82.7% of adults said they have rules prohibiting smoking anywhere in their homes. Among adults who work indoors most of the time, 92.7% stated that their workplace’s official smoking policy does not permit smoking in any work areas.

### **Physical Activity and Sedentary Behaviors**

- Among adults in the Sarpy/Cass area, 18.8% did not engage in any leisure-time physical activity (outside of work) in the past 30 days.
- On the other hand, 54.1% of area respondents reported participating in physical activities that met the criteria for “moderate” or “vigorous” physical activity.
- “Excessive electronic sedentary behavior” (i.e., engaging in television viewing while sitting or lying down, video game system use, or computer use outside of work or school for three or more hours during an average day) was reported by 45.6% of adults in the Sarpy/Cass area.

### **Nutrition**

- More than one-fourth of Sarpy/Cass respondents (27.9%) consumed fruits and vegetables the recommended five or more times per day.
- More than four out of ten adults in the Sarpy/Cass area (42.9%) were knowledgeable about what “Five-a-Day” means, with women (54.5%) significantly more likely than men (31.4%) to know what this phrase means.
- One-fifth of area respondents (20.8%) reported consuming dairy products three or more times daily.
- On average, Sarpy/Cass adults ate food from restaurants or fast food shops 2.3 times per week.

- About one-fourth of respondents (27.4%) rated foods at community events in the Sarpy/Cass area as “always” or “almost always” healthy. However, more than one-half (55.3%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.”
- One-third of respondents (34.8%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

### **Alcohol Consumption**

- In the Sarpy/Cass area, 53.3% of adults reported consuming at least one drink of alcohol in the past 30 days.

### **Injury**

- One in eight adults in this area (12.6%) said they had fallen in the past three months. Of those who had fallen, one-third (33.5%) were injured by the fall.
- The majority of Sarpy/Cass respondents (91.0%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car.
- Looking at households with a child aged 5 to 15 who rode a bicycle, 52.2% of adult respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding a bicycle.

### **Immunization**

- Among Sarpy/Cass residents aged 18 and older, 34.3% got a flu vaccination during the past year.

### **Oral Health**

- Eight out of ten Sarpy/Cass adults (80.7%) saw a dentist or visited a dental clinic in the past year.

### **Women’s Perceptions of Health Threats and Causes of Death**

- One-third of women in the Sarpy/Cass area (34.0%) identified cancer as the leading health problem facing women today.
- One-fifth of the women in this area (19.1%) consider heart disease or heart attack the leading health problem facing women today. However, 58.6% identified heart disease/attack as the leading cause of death for all women.

### **Social Context**

- Few Sarpy/Cass adults (2.8%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, 12.4% of area respondents reported it is “somewhat” or “very unsafe.”

## Sarpy/Cass Department of Health and Wellness: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	
<b>Health Related Quality of Life</b>										
1. General health was 'fair' or 'poor'	452	13.5%	Non-Sig	182	12.0%	Non-Sig	270	15.0%	Non-Sig	No
2. Average number of days (in past month) that physical health was not good	442	3.7	Non-Sig	179	3.2	Non-Sig	263	4.2	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	451	3.1	Non-Sig	181	2.9	Non-Sig	270	3.3	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	212	4.4	Non-Sig	74	3.9	Non-Sig	138	4.8	Non-Sig	No
<b>Health Care Access</b>										
1. No health care coverage among adults 18-64 years old	349	7.0%	Lower	152	8.7%	Lower	197	5.4%	Lower	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	452	19.0%	Non-Sig	181	25.3%	Non-Sig	271	12.9%	Non-Sig	No
3. Needed to see a doctor in past year but could not because of cost	451	7.5%	Non-Sig	181	6.9%	Non-Sig	270	8.0%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	446	78.1%	Non-Sig	179	71.1%	Non-Sig	267	85.2%	Non-Sig	No
5. Average distance in miles from home to the ER closest to home	437	9.6	Higher	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	417	13.1	Non-Sig	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	446	47.3%	Non-Sig	180	47.4%	Non-Sig	266	47.2%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
	Overall	197	1) Work (26.0%)		2) Long Wait (19.6%)		3) No Day Care (9.4%)		(Other= 29.4%)	
	Men	81	1) Work (25.8%)		2) Long Wait (24.6%)		3) No Insurance (5.9%)		(Other= 27.4%)	
	Women	116	1) Work (26.2%)		2) No Day Care (18.0%)		3) Long Wait (14.5%)		(Other= 31.5%)	
9. Primary source for getting information on health issues or illness										
	Overall	447	1) Doctor (39.9%)		2) The Internet (21.8%)		3) Family/Friends (16.9%)		(Other= 4.8%)	
	Men	177	1) Doctor (41.8%)		2) Family/Friends (22.1%)		3) The Internet (14.7%)		(Other= 4.7%)	
	Women	270	1) Doctor (38.0%)		2) The Internet (28.8%)		3) Family/Friends (11.7%)		(Other= 4.8%)	

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	445	4.7%	Non-Sig	178	5.9%	Non-Sig	267	3.5%	Non-Sig	No
2. Ever told blood pressure was high	453	23.1%	Non-Sig	182	24.2%	Non-Sig	271	22.1%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	452	44.5%	Non-Sig	182	35.9%	Non-Sig	270	53.1%	Non-Sig	No
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	452	86.6%	Non-Sig	182	84.6%	Non-Sig	270	88.5%	Non-Sig	No
5. Had cholesterol checked during the past five years	440	69.8%	Non-Sig	179	68.4%	Non-Sig	261	71.2%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	383	36.4%	Non-Sig	149	35.3%	Non-Sig	234	37.6%	Non-Sig	No
7. Were CPR certified during the past year	450	19.7%	Non-Sig	180	22.6%	Non-Sig	270	16.8%	Non-Sig	No
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	453	5.7%	Non-Sig	182	5.1%	Non-Sig	271	6.4%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	194	78.7%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	212	26.1%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	220	59.7%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	452	14.6%	Non-Sig	182	15.6%	Non-Sig	270	13.6%	Non-Sig	No
2. Currently has asthma	450	8.8%	Non-Sig	181	7.8%	Non-Sig	269	9.9%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	431	63.9%	Non-Sig	180	65.8%	Non-Sig	251	61.9%	Non-Sig	No
2. Obese (BMI 30+)	431	21.5%	Non-Sig	180	17.3%	Non-Sig	251	26.0%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	450	20.5%	Non-Sig	179	17.5%	Non-Sig	271	23.5%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
<b><i>Tobacco Use, cont.</i></b>										
2. Former cigarette smoker	450	19.2%	Non-Sig	179	23.4%	Non-Sig	271	15.1%	Non-Sig	No
3. Current smokers who tried to quit during the past year	81	55.6%	Non-Sig	^	^	---	^	^	---	---
4. Smoking not allowed in home	452	82.7%	Non-Sig	181	81.0%	Non-Sig	271	84.3%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	223	92.7%	Non-Sig	86	89.4%	Non-Sig	137	95.5%	Non-Sig	No
<b><i>Physical Activity and Sedentary Behaviors</i></b>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	453	18.8%	Non-Sig	182	15.8%	Non-Sig	271	21.8%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	427	54.1%	Non-Sig	169	59.8%	Non-Sig	258	48.5%	Non-Sig	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	445	45.6%	Non-Sig	179	50.9%	Non-Sig	266	40.2%	Non-Sig	No
<b><i>Nutrition</i></b>										
1. Consumed fruits and vegetables five or more times per day	453	27.9%	Non-Sig	182	26.0%	Non-Sig	271	29.7%	Non-Sig	No
2. Knowledgeable about what '5 a day' means	452	42.9%	Non-Sig	181	31.4%	Non-Sig	271	54.5%	Non-Sig	Yes
3. Consumed dairy products three or more times per day	453	20.8%	Non-Sig	182	23.7%	Non-Sig	271	17.9%	Non-Sig	No
4. Average number of times per week ate food from restaurants or fast food shops	449	2.3	Non-Sig	180	2.4	Non-Sig	269	2.2	Non-Sig	No
5. Foods at community events were 'always' or 'almost always' healthy	452	27.4%	Non-Sig	182	28.3%	Non-Sig	270	26.4%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	449	55.3%	Non-Sig	181	54.5%	Non-Sig	268	56.2%	Non-Sig	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	450	34.8%	Non-Sig	182	29.1%	Non-Sig	268	40.7%	Non-Sig	No
<b><i>Alcohol Consumption</i></b>										
1. Consumed at least one drink of alcohol during the past 30 days	453	53.3%	Non-Sig	182	54.5%	Non-Sig	271	52.1%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
<i>Injury</i>										
1. Fell during the past three months	452	12.6%	Non-Sig	181	11.7%	Non-Sig	271	13.6%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	57	33.5%	Non-Sig	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	452	91.0%	Non-Sig	182	86.3%	Non-Sig	270	95.8%	Non-Sig	No
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	104	52.2%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	453	34.3%	Non-Sig	182	28.3%	Non-Sig	271	40.4%	Non-Sig	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	452	80.7%	Non-Sig	181	76.4%	Non-Sig	271	84.9%	Non-Sig	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	271	34.0%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	271	19.1%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	271	58.6%	Non-Sig	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	451	2.8%	Non-Sig	180	3.2%	Non-Sig	271	2.5%	Non-Sig	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	449	12.4%	Non-Sig	180	8.2%	Non-Sig	269	16.5%	Non-Sig	No

<sup>a</sup> Non-weighted sample size

<sup>b</sup> Percentage weighted by health district, gender, and age

<sup>c</sup> Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

<sup>^</sup> Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005